

Aging

U. S. DEPARTMENT OF HEALTH, EDUCATION, AND WELFARE

No. 52 — February 1959

THE UNIVERSITY
OF MICHIGAN

FEB 6 - 1959

LIBRARY

Albany Organizes for the Aging

The Greater Albany (N. Y.) Area hasn't solved all of the problems of its older residents but it does have a good, rounded, and growing program. Its secret is not the presence of more or special facilities or public or private agencies nor any special abundance of funds. Rather, its success rests on organization and coordination and the drive and ideas of a number of "spark plugs".

One of these "spark plugs" is Dr. Raymond Harris, a physician who is Chairman of the Committee on Aging of the Albany Council of Community Services (545 Broadway, Albany, N. Y.) and to whom we are indebted for the material in this report. His Committee works on identifying the needs, finding the best community agency to do the job, and then helping that group do it.

Awakening community awareness and interest in programs for the aging was one of the jobs they tackled. The Albany Public Library had already conducted an adult discussion project with *Aging in the Modern World*, a program developed by the University of Michigan for The Fund for Adult Education (*Aging* 32, p. 3). While it was extremely successful, received good newspaper and magazine coverage, and was very valuable to the participants, it reached only a limited number of people. So it was decided to turn to a medium with a larger audience, TV.

Through the facilities of the Mohawk-Hudson Council on Educational Television over Station WTRI, a series of 6 discussions of aging were presented. Material from *Aging in the Modern World* was adapted by the Committee, the Center for the Study of Aging (a nonprofit research foundation which Dr. Harris also heads), and the Public Library. Each discussion was moderated by an authority on the subject; the discussants were two or three outstanding local persons interested in the subject. Viewers, who

(Continued on page 8)

The White House Conference-IV

Would you like to help in an essential aspect of the planning of objectives and direction for the 1961 White House Conference on Aging? You can, by suggesting possible Conference "themes" to be included in a listing of possible themes being prepared for the consideration of Secretary Flemming's Advisory Committee on the White House Conference.

Themes should be short and succinct, and should summarize your concept of the most desirable objectives and goals of the Conference. Send your proposals to the Special Staff on Aging, Department of Health, Education, and Welfare, Washington 25, D. C. Please use post cards to facilitate handling and evaluation, with each proposal on a separate card. And please, in addition to your name and address, indicate whether the proposal is being submitted by you as an individual or in the name of an organization (and the name of that organization).

Proposed themes must be sent in by Feb. 20 in order to be processed for inclusion in the list of possible themes to be considered by the Advisory Committee.

Tentative Date Set

The White House Conference on Aging Act provides that the Conference shall be held in January 1961. An intensive check of hotel, meeting room, and auditorium availabilities in Washington during that month, indicates that the only open dates are in the period, January 9-13, 1961.

National Committee Liaison Group

The National Committee on the Aging, a standing committee of the National Social Welfare Assembly, 345 E. 46th St., New York 17, N. Y., has named a Liaison Committee for the White House Conference on Aging.

The Liaison Committee is composed of: Albert J. Abrams, N. Y. State Joint Legislative Committee on Problems of the Aging; Richard S.

Bachman, Ohio Citizens Council for Health & Welfare; A. L. Belcher, Pillsbury Company; Mother M. Bernadette de Lourdes, Mary Manning Walsh Home; Dr. Michael M. Dasco, Goldwater Memorial Hospital; Howard E. Gustafson, Health & Welfare Council of Indianapolis; Charles E. Odell, United Automobile Workers; and Morris Zelditch, Council of Jewish Federations & Welfare Funds.

Council of State Governments

The 14th Biennial Meeting of the Council of State Governments, held in Chicago in December, "resolved that this Fourteenth Biennial General Assembly of the States urges all states to give increased attention to insuring the productive contributions of all citizens as they grow older, and further recommends that the Committee on Aging of the Council of State Governments make available to the Commissions on Interstate Cooperation and other interested legislators and state officials all information on effective methods of state cooperation in the meetings leading to the White House Conference on Aging".

Leadership Training Institute

In cooperation with the University of Michigan, the Special Staff on Aging, with the assistance of other Federal departments and agencies involved in the White House Conference, will conduct a National Leadership Training Institute for the White House Conference on Aging on June 24-26, 1959, at Ann Arbor, Mich. The Institute will convene immediately following the University of Michigan's 12th Annual Conference on Aging (*Aging 51*, p. 4) to be held June 22-24 on the general theme, *Designs for Retirement*.

The Institute, designed for individuals who will carry local, State, and national leadership responsibility for activities leading up to the White House Conference, will deal with the purposes, objectives, and procedures of the Conference, with the aim of helping States, communities, and national organizations plan their 1959-60 programs and activities.

The Under Secretary of Health, Education, and Welfare, the Chairman of the Advisory Committee, the Director of the White House Conference, and officials of other Federal agencies will participate in the Institute. In addition to time reserved for answering questions raised by participants, the program calls for covering at least the following subjects: Federal materials being prepared for the Conference and for preconference activities; surveys and State reports required by the Act; effective local and State conferences; public and private national, State, and local resources available for preconference activities; effective use of public relations media; case studies of successful State and community pro-

grams; exchange of ideas and plans among Institute participants; etc.

Separate special group meetings during the course of the Institute are being planned for: Individuals designated by Governors to assume responsibility for State activities in connection with the White House Conference; officers and members of official State agencies on aging; Conference Planning Committee Chairmen and Technical Directors; central and field office staff members of Federal agencies involved in the Conference; representatives of national organizations with programs in aging; and leaders of community committees on aging and State and local organizations working in this field.

A descriptive leaflet on the National Leadership Training Institute for the White House Conference on Aging, together with registration and reservation application cards, may be secured from the Special Staff on Aging, Dept. of Health, Education, and Welfare, Washington 25, D. C.

Medical Home Care Program Inaugurated in Virgin Islands

The Virgin Islands Department of Health has launched a medical home care program for the aged and chronically ill of one of the islands, St. Thomas. The project is designed to relieve the shortage of hospital beds, to permit earlier return of patients to their own homes with continuing medical care, and to provide supervision of care in institutions for the aged.

Financed by a grant from the U. S. Public Health Service, and under the supervision of the Division of Public Health Services, a Home Care Committee establishes policies, reviews cases, and approves applicants for care under the program.

The Home Care Team consists of a physician, a nurse, and a medical social worker, supplemented, as needed, by nutritionists, health educators, public health nurses, and appropriate personnel from cooperating agencies. The Home Care Nurse does bedside nursing; the Public Health Nurse provides supervision, followup, and education of the patient and family. The physician is responsible for the initial evaluation, final examination and discharge, and makes home visits as needed.

New cases are assigned to participating physicians on a rotation basis for the duration of the home care. Physicians are paid \$5 per home visit or a flat fee of \$25 per month per case. Home Care Nurses receive \$100 per month for a 3-hour day, 5-day week, tour of duty.

The Health Commissioner is conducting a community education program to explain the home care project and its advantages, and plans to expand the project to St. John and St. Croix as soon as funds are available. For further details,

write to the Commissioner of Health, Charlotte Amalie, St. Thomas, Virgin Islands.

D/HEW Regional Meetings on Aging

Two D/HEW Regional Offices have held conferences on aging with the States in their regions. The Charlottesville, Va., Office (District of Columbia, Kentucky, Maryland, North Carolina, Virginia, West Virginia, Puerto Rico, and the Virgin Islands) held its meeting on Nov. 3; the New York, N. Y., Office (Delaware, New Jersey, New York, and Pennsylvania) on Dec. 1-2.

At each meeting, the representatives of the various jurisdictions reported on the present status of their programs in aging and plans for the future. In New York, the meeting broke up into five discussion groups to consider health, welfare, education, housing, and rehabilitation and employment.

At each of the meetings, the Director of the Special Staff on Aging reported on the White House Conference on Aging.

These meetings, the first to be sponsored by D/HEW Regional Offices in the field of aging, provided an opportunity for "an exchange of information among State representatives and between State and Federal representatives with a view toward arriving at recommendations for improvement of existing official resources in all levels of government and the exchange of information on methods, laws, and the effectiveness of programing".

Iowa Evaluates Rehabilitation Services to the Aged

A demonstration study and evaluation of vocational rehabilitation services to disabled workers over 50 was conducted in Iowa late in 1958. Participating in the project were the State officials in vocational rehabilitation, health, welfare, education, and employment, and representatives of D/HEW's Special Staff on Aging and Office of Vocational Rehabilitation.

D/HEW's Region VI Regional Committee on Aging participated in furtherance of its interest in the development and demonstration of procedures whereby State agencies may conduct studies to evaluate their own programs of services to older persons.

The primary objectives, therefore, of the Iowa study were to develop information by which the State rehabilitation agency could evaluate its existing program of services to disabled older workers and to develop methods of increasing and improving services to this group.

Program information was obtained from analysis of the State agency's statistical reports, review of case records, opinion surveys, interviews with counseling staff, and visits to the actual

rehabilitation facilities. The study culminated in a 2-day conference of State agency counseling and supervisory personnel.

Following completion of the study, the directors of the vocational rehabilitation agencies in the other States in the Region met in Omaha, where the Director of the Iowa agency, Mr. M. E. Hunt, summarized the objectives, procedures, and results of the project. For further information, write to Mr. Hunt, Director, Vocational Rehabilitation, 415 Bankers Trust Bldg., Des Moines, Iowa. (Ed. Note: See next story, on Michigan survey, for additional developments in the general program to develop techniques for self-evaluation of programs for older persons by the States.)

Survey of Aging in Michigan-II

Following submittal of an interim report, the joint Federal-State survey of aging in Michigan requested by Governor G. Mennen Williams (*Aging 49*, p. 3) has now moved into the long-range phase of the study. The interim report consisted of memorandum comments by the Federal team (central and regional office staff of the Departments of HEW and Labor, the Housing and Home Finance Agency, and the Veterans Administration) on the most recent recommendations of the State's Interdepartmental Committee on Aging and Legislative Advisory Council on Problems of the Aging. The (unpublished) interim report was utilized by the two State groups in considering their legislative recommendations for 1959.

Basis of the long-range study will be an experimental, self-survey technique developed by the Federal team for use by the Michigan State agencies, covering present services to middle-aged and older persons, gaps in programs, and development of recommendations for meeting these needs. The Michigan Welfare League will prepare a similar report on the voluntary agency programs.

Conferences

The *National Conference on Homemaker Services* (*Aging 43*, p. 4) will be held Feb. 10-11 at the Edgewater Beach Hotel, Chicago. The Conference, organized by the Children's Bureau for the National Committee on Homemaker Service, is sponsored by 8 units of D/HEW and 26 national organizations. Conference Chairman is Mrs. R. Livingston Ireland, Director, Ohio Department of Public Welfare, 85 S. Washington Ave., Columbus 15, Ohio. In addition to a large number of discussion groups, including one on "Services to Aged Persons", the Conference will feature discussion of a number of statements prepared by study groups on definitions, techniques, unresolved issues, etc., and case studies of 12 different types of homemaker services now in operation in various parts of the country.

Aging

Issued Monthly by the
SPECIAL STAFF ON AGING
U. S. DEPARTMENT OF
HEALTH, EDUCATION, AND WELFARE
Arthur S. Flemming, Secretary
No. 52—February 1959

Aging is a medium for sharing information about programs, activities, and publications among interested individuals, agencies, and organizations in the field. Communications and items for publication should be sent to *The Editors of Aging*, Special Staff on Aging, Department of Health, Education, and Welfare, Washington 25, D. C.

Subscription, \$1.00 a year (12 issues), 50¢ additional for foreign mailing; 10¢ a single copy. Send to the Superintendent of Documents, U. S. Government Printing Office, Washington 25, D. C.

Use of funds for printing this publication has been approved by the Director of the Bureau of the Budget, August 22, 1957.

The University of New Hampshire Extension Service will present the next in its gerontology series on 6 successive Tuesday evenings beginning Feb. 10. Designed especially for friendly visitors, recreation leaders, and others working with older people who are homebound or residents of homes for the aged, nursing homes, and hospitals, the course will provide instruction in making a variety of unusual and distinctive articles using inexpensive and readily available materials. Simplicity and quality of construction and excellence of design will be stressed to insure satisfying creative activities and the development of new interests among older persons under the guidance of the course participants.

News of State Commissions

Washington: Though appointed in February 1958, the *Governor's Council on Aging* has made enough progress in its studies and deliberations to prepare a very fine *Report of Governor's Council on Aging, November 1958*, presenting the Council's own projects and activities and reporting progress and findings on programs and activities throughout the State. The Report concludes with a listing of the 13 items in the Council's current program and five recommendations to the Governor: Appointment of a consultant on aging in

each county office of the Department of Public Assistance; increased emphasis on social activities and physical restoration by the Departments of Public Assistance and Health; increased clinical and practical social investigation and evaluation of the various aspects of aging; legislation to authorize the Department of Public Assistance to establish the Governor's Council on Aging on a permanent basis within the Department and provide operating funds therefor; convening of regional conferences on aging in 1959 and a State Conference in 1960 for furthering the State's efforts and in preparation for the White House Conference on Aging. A limited number of copies of the *Report* are available from the Council, P. O. Box 1162, Olympia, Wash.

Maryland: The *Legislative Council Committee on Problems of the Aging*, established by a joint resolution, has completed its hearings and filed its *Report*. The Committee restricts itself to a single, basic recommendation—the establishment of a 16-member permanent and official coordinating commission on problems of the aging. The commission would be composed of the heads of six State agencies, two legislators, two representatives from medicine, one representative each from industry and labor, a researcher, one person associated with charitable organizations, and two prominent lay citizens. A limited number of copies of the Committee's *Report* are available from 311 City Hall, Baltimore 2, Md.

Virginia: The *State Commission on the Aging* has published its first booklet. Entitled *We are Becoming Older*, it presents a discussion by the Commission's Chairman, John E. Raine, of the problems and challenges of aging in the U. S. and in Virginia, and of the role and goals of the Commission. For a copy, write to the Commission, King Carter Hotel, Richmond, Va.

Oregon: The *State Council on Aging* has transmitted its *First Biennial Report to the Governor, 1957-59*, which reviews the work of the Council and of its Committees and discusses the problem areas and possible solutions. The *Report* starts with four recommendations to the Governor: Legislation to prohibit maximum age limitations in employment by public bodies; full participation in the White House Conference on Aging; employment of a full-time employee in the State Board of Health to instruct volunteers and provide counseling to nursing homes and homes for the aged in recreational activities for improved mental health; and addition of qualified counselors for vocational rehabilitation of older citizens. Copies are available from the Council, P. O. Box 5197, Eugene, Oregon.

Indiana: *The State Commission on the Aging and Aged* has produced a most interesting chartbook, *Facts and Charts on Aging in Indiana*; its unique features are indicated by its subtitle, "Charts and Graphs Illustrating Basic Themes in the Field of Aging". Sample copies are available on request to the Commission's Secretary, Dr. Morton Leeds, 3516 Central Avenue, Indianapolis 5, Ind.

Texas: *The Interim Legislative Committee on Aging* (*Aging* 44, p. 4) has completed its preliminary studies and is preparing its report and recommendations. Committee Chairman, Senator Crawford C. Martin (1219 Park Drive, Hillsboro), indicates that the recommendations will include: Provision of funds for medical care of aged indigents under the authorization approved by the electorate in the constitutional amendment at the November election; continuance of a committee to study the problems of older citizens; participation in the White House Conference on Aging; formation of an interdepartmental committee; and further study of day centers, housing, employment, and retirement villages for the aged.

The Way the Wind Blows

Started as a pilot project by the Workshop Division of the *Federation Employment and Guidance Service*, a rehabilitation project for older disabled workers has now become a regular program of that agency at 30 W. 24th St., New York, N. Y. The project was designed to create a labor market for disabled workers in their 60's and 70's and to show that they can be made employable. It operates through job training in a sheltered workshop with supplemental testing, counseling, and evaluation. Of the 97 persons who participated in the 6-month experimental phase, 31 were evaluated as employable in competitive employment and 23 of these were placed as clerks, factory workers, cashiers, messengers, etc. Most of the participants were recommended by the N. Y. State Division of Vocational Rehabilitation which pays for training during the workshop period. Additional financial support came from U. S. Office of Vocational Rehabilitation and Federation of Jewish Philanthropies.

Mr. William L. Mitchell, who served as Deputy Commissioner under the last three Commissioners, was appointed Commissioner of Social Security on January 1st by President Eisenhower. Mr. Mitchell succeeds Charles I. Schottland, who resigned to become Dean of the Graduate School of Advanced Studies in Social Welfare at Brandeis University, Waltham, Mass. Mr. Mitchell has been connected with the social security program since its inception.

In accordance with Alaska's recently adopted constitution, the State's public assistance programs are expected to continue without interruption during the period of transition from territorial government to statehood. A study by the Public Administration Service of Chicago, however, recommends a number of changes for efficient government of the new State, including establishment of regional centers for the major departments at Fairbanks, Juneau, and Anchorage, with headquarters in the capital at Juneau.

Alaska's civilian population numbers approximately 200,000, of which only about 35,000 are natives. Population density is about 2.25 persons per square mile compared with 57.3 for the continental U. S. Of the approximately 400 communities, only half have 50 or more inhabitants. The almost 3,000 public assistance recipients, of which about half are receiving Old-Age Assistance, are scattered throughout this area and are serviced by 6 district welfare offices. The Department of Interior's Bureau of Indian Affairs provides general assistance to the natives who are not eligible under the Social Security Act. Medical care for Alaska's Indians is under D/HEW's Public Health Service.

Coverage under Old-Age, Survivors, and Disability Insurance is on the same basis as the rest of the United States.

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The Maryland State Department of Employment Security has launched a program of *Pre-Retirement Planning Discussions* for its employees approaching retirement age. Scheduled for 1½-hour sessions on alternate Thursdays, the 11 discussions cover the whole range of retirement planning—income, health, leisure time, community services, legal aspects, etc. For details, write to Eleanor Kuhfuss, the Department's Staff Specialist on Services to Older Workers, at 6 N. Liberty St., Baltimore 1, Md.

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Two of the 15 conferences HEW Secretary Flemming has been holding with groups of national organizations whose interests are related to D/HEW programs, related to the administration of social security programs. Among the suggestions made by these organizations in the field of public assistance were: Federal leadership in the abolition of restrictive residence laws; Federal participation in "general assistance" or establishment of a single program to meet "human needs"; improved medical care of the indigent; uniform definition of "need"; appropriations for the training of social workers and for research; expansion of rehabilitative services; support of programs to aid economically depressed areas; and continued coordination of public and private programs.

The *Ford Foundation* (477 Madison Ave., New York 22, N. Y.) has made a grant of \$380,000 to the *American Public Welfare Association* (1313 E. 60th St., Chicago 37, Ill.) for research and training activities to improve services aimed at helping older people to live independent lives. The Association will use the grant to make a selective evaluation of the applicable major welfare services, to develop a set of guiding standards and recommendations in cooperation with a number of local welfare departments, and to assist such departments with the expenses of training their staffs in preventive and rehabilitative services for the aging so as to help them avoid complete reliance on welfare support. These local departments can then serve as national models.

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The first full-time senior center (5 days-a-week) in Louisville, Ky., has been opened at the Y. W. C. A., under the supervision of Miss Lola Buchanan, its Executive Secretary. In addition to the usual facilities and programs for leisure-time activities, the center provides referral and counseling services and occupies air-conditioned quarters.

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Institutions Magazine has presented its national award for outstanding achievement in interior design to the *Beth Abraham Home*, 612 Allerton Ave., Bronx 67, N. Y. (an institution for the care of long-term ill adults) and to Miss Emily Malino, who designed and executed the prize-winning interior. The award cites the Home as an exceptional example of an interior designed and planned to meet high maintenance standards and still radiate an atmosphere of restful warmth through the use of colors, textures, and accessories.

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Florida has become the 38th State whose Old-Age Assistance program includes direct payments to suppliers of medical care to recipients, with Federal financial participation. In the other 15 jurisdictions, medical care is met either through the money payment to the recipient or through referral to any free medical resources.

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The District of Columbia's publicly-operated home for the aged, *D. C. Village*, Nichols Ave., S. W., Washington 24, D. C., has established a Resident Council, representing the residents, to help plan and carry out the various recreational and related activities of the home. The experiment is designed not only to assist the staff and to make the program more responsive to the wishes of the residents but also to boost morale and awaken the interest of the Council members. The first Council was selected by the staff.

Books, Pamphlets, and Reports

Note: See also reports by various State Commissions under "News of State Commissions", beginning on page 4.

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The Special Staff on Aging has compiled a listing of the 59 "retirement hotels" now in operation, which have come to its attention. For a free copy, write to the Special Staff on Aging, Department of Health, Education, and Welfare, Washington 25, D. C.

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The Community Council of Greater New York wound up its 1958 program with release of a number of publications of great interest and value. The first is a 34-page Committee report, *Retirement Practices for Older Workers*. The second is an 8-page booklet on *How to Select a Nursing Home*. The third and fourth are two of the papers presented at its Institute on Mental Health Problems of Residents of Homes for the Aged: "Mental Health Problems of Residents of Homes for the Aged: Their Prevention, Treatment and Management" by Hon. Joseph H. Louchheim, and "Patterns of Maladjustment in Homes for the Aged: Their Prevention, Treatment and Management" by Dr. Alvin I. Goldfarb. Limited supplies of these publications are available free from Mr. I. J. Fasteau, Director, Programs for the Aged, Community Council of Greater New York, 345 E. 45th St., New York 17, N. Y.

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The Executive Secretary of the Presbyterian Homes of Central Pennsylvania, Wm. T. Swaim, Jr., Dillsburg, Pa., has prepared a series of papers to serve as texts for each of the topics in his course on "The Organization and Administration of a Home for the Aging". Readers of *Aging* may secure free copies of the two newest papers, *Volunteer Services to Aging Persons* and *Financial Advantages of Artistic Furnishings in a Home for the Aging*, by writing to Mr. Swaim.

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The Schenectady, N. Y., Senior Citizens' Center (Union & Lafayette Sts.) and Community Welfare Council (6 Union St.) have jointly produced a directory of services and resources, *New Patterns in Living*, for distribution to senior citizens, and to agencies and professional persons serving older people. The clever and useful directory represents a real community effort: A joint committee, composed largely of senior citizens, did the compilation; the Kiwanis Clubs of Schenectady, Niskayuna, and Mayfair-Burnt Hills, and the Zonta Club of Schenectady underwrote printing costs; and 2 General Electric Company artists did the cartoon illustrations and layout design. Copies are 10¢ each from the Community Welfare Council.

Articles of interest in recent issues of the *Social Security Bulletin* (\$2.75 a year, 25¢ a copy, from the Government Printing Office, Washington 25, D. C.): "Foreign Social Security Programs in 1958" in the November 1958 issue; and "Aged Beneficiaries of OASI: Highlights on Health Insurance and Hospitalization Utilization, 1957 Survey", "Voluntary Health Insurance and Medical Care Expenditures: A Ten-Year Review", and "Selected Sources of Money Income for Aged Persons, June 1958", December issue.

The content of the December article on the OASI Beneficiary Survey is available free as Release #3, "Highlights from Preliminary Tabulations: Health Insurance and Hospital Utilization", in the series, *1957 National Survey of Old-Age and Survivors Insurance Beneficiaries*, from the Economic Studies Branch, Bureau of Old-Age and Survivors Insurance, Social Security Administration, Equitable Bldg., Baltimore 2, Md.

Release #1 dealt with "Income" (*Aging* 46, p. 3) and Release #2 with "Assets and Net Worth" (*Aging* 50, p. 12).

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The Advisory Board on Problems of Older Workers, Pennsylvania Department of Labor and Industry, Harrisburg, Pa., has published two versions of the proceedings of their statewide 1958 Older Worker Conference. The complete proceedings in a 241-page book, *How to Achieve a Better Balanced Labor Force by Removing Age Barriers to Employment*, is in short supply and is reserved for distribution to libraries, public agencies, etc. A 16-page summary of the high points of the conference was published for the general reader and is available free from the Advisory Board on request.

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Making the Most of Your Years by Evelyn Hart (Public Affairs Pamphlet No. 276) is a comprehensive, well developed, popularly written, 28-page pamphlet on preparation for the later years, covering major problems and challenges faced by older people. For sale by the Public Affairs Committee, 22 E. 38th St., New York 16, N. Y., on prepaid orders as follows: 1-9 copies, 25¢ each; 10-99, 20¢; 100-249, 18¢; etc.

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"Changes in Selected Health and Insurance Plans, 1954 to 1958" in the *Monthly Labor Review* for November 1958 traces the developments in the various types of employee benefit plans included in the 100 plans in private industry which have been under special study by the Bureau of Labor Statistics over the 4-year period. Extension of benefits to workers after their retirement receives special attention. For sale by the Government Printing Office, Washington 25, D. C.; \$6.25 a year, 55¢ a copy.

The December 1958 issue of *School Life* presents a concise, comprehensive article on the variety of library services for the aged, "Earmarked for the Elderly—Through the Public Library, Our Senior Citizens are finding Enrichment for their Lives". *School Life*, official journal of D/HEW's Office of Education, is for sale by the Government Printing Office, Washington 25, D. C., \$1 a year, 15¢ a copy. Reprints of the article are available free from the author, Miss Rose Vainstein, Library Services Branch, Office of Education, Washington 25, D. C.

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Once in a Lifetime! Let's Prepare for Happy Retirement is the 3rd edition (1958) of a booklet on the theme, "Plan Ahead Now! Your Future Awaits", especially directed to civil service employees and retirees, and covering retirement planning and adjustment as well as the program of its publisher, the National Association of Retired Civil Employees. A limited number of copies are available free to persons and organizations interested in the work of the Association, 1625 Connecticut Ave., Washington 9, D. C.

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The British Information Services notifies us that the film, *None to Trouble Nobody*, listed on page 11 of the January 1958 edition of the Special Staff on Aging's *Motion Pictures—Recordings on Aging* is no longer available. Please correct your copy of our catalog.

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"Psychiatric Problems of Aged Immigrants in Israel", "Study of Blood Pressure in Apparently Healthy Old Persons 65 to 106 Years of Age", "Job Placement and Adjustment for Older Workers: Utilization and Protection of Skills and Physical Abilities", and "California: The State and Its Senior Citizens" (Part V of the series, *Contemporary Planning in Gerontology*) in *Geriatrics*, December 1958. This issue carries the Index to Volume 13 (1958). Subscriptions \$9 a year, 85¢ a copy, from Lancet Publications, 84 S. 10th St., Minneapolis 3, Minn.

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The December 1958 *Public Health Reports* carries summaries of 6 presentations at the Gerontology Discussion Group of the National Institutes of Health: "Age Changes in Cells", "Aging in Insects", "Aging and Longevity in Rats Under Favorable Conditions", "Evaluation and Treatment of Older Persons in Need of Psychiatric Care in a Metropolitan Area", "Age Differences in the Acquisition and Extinction of Conditioned Eyelid Responses", and "Cornell Longitudinal Study on Occupational Retirement". This issue also contains the Index to Volume 73 (1958). For sale by the Government Printing Office, Washington 25, D. C., \$4.25 a year, 55¢ this issue.

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(Albany—continued from page 1)

had been encouraged to buy the texts on which the original discussion project had been based, were invited to form small discussion groups in their homes to watch the TV presentation and to continue the discussion among themselves. This venture was so successful that a new series of five additional programs is being prepared.

The need for a full-time professional staff member for the Committee was met in an unexpected way. The Committee accidentally learned that the New York State Department of Social Welfare had some funds for an experimental demonstration project in aging. An agreement with the Department brought the "loan" of the services of an employee, Mr. Daniel Evans, to become Counselor and Consultant in Aging to the Committee for one year. The professional services provided by Mr. Evans have not only accelerated the accomplishment of the Committee's programs but have permitted the provision of counseling and referral services to the older persons who bring their problems directly to the Committee's office.

Provision of counseling and referral services brought to light the need for an inventory of organizations and resources. The Exchange Club was encouraged to undertake this project. It did the job and ended up by publishing a 24-page *Senior Citizens Guide to Services in Albany*, a complete directory of all of the agencies that provide assistance, services, facilities, or activities.

Next came employment. The Albany Employment Service Office, which has a special older-worker counselor, reported unfilled positions for babysitters and senior companions. The Committee, the Albany Board of Education, and the Visiting Nurse Association, have set up an 8-week training course for 50 older women who will be eligible for placement in these unfilled jobs as they complete the course.

Friendly visiting programs have long been in existence. More recent is the recognition of the need for the training of friendly visitors. The Albany Chapter of the American Red Cross, in

cooperation with representatives of the major religious faiths, developed and conducted a comprehensive training course. The course was designed to train representatives of interested organizations who then train the friendly visitors in their own organizations. An unusual feature of this program is that the Red Cross consultants are available for help and advice when special problems are encountered by the friendly visitors.

In addition to the already existing Senior Citizens Center, other arrangements to provide recreational opportunities have been negotiated. Local movie theatres charge reduced admissions (40¢) for older people who show special identification cards provided by the Senior Citizens Center. Lower admission rates to other recreational events have also been secured. Efforts are now being made to arrange for reduced bus fares, especially during the less crowded hours.

The Center for the Study of Aging has become a kind of research arm for the community effort. At present it is conducting a survey of a sample of households in Albany County. It will enumerate the members of the household and secure additional information about those aged 50 and over. A second project will involve intensive interviews with persons 60 and over, selected from the first survey, on health, income, employment, leisure-time activities, housing, and political behavior. A third project is being designed to investigate the genesis of senility. The findings of these research studies will become the basis for future planning of Committee programs.

The Committee has been involved in many other projects, including the annual Capital District Conference on Aging and the *Times-Union* Christmas Fund for Needy Old People, but feels that the above report is sufficient to show the scope and methods of its activities. It hopes that this will convince other communities that much can be done through coordinated and aroused community action with the resources at hand. The secret is organization and coordination at the community level and full use of every person with drive and ideas.

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